

Action Line

652-4636 commander.action@nellis.af.mil



Col. Andrew Dichter
99th Air Base Wing commander

Nellis' Action Line is your direct line to the 99th Air Base Wing Commander, Col. Andrew Dichter. If you have worked through normal channels and are not satisfied with the answer, the Action Line is your opportunity to ask questions or make suggestions about subjects of concern to the Nellis community. Please leave your name and phone number in case more specific information is required. You may also use our e-mail address: commander.action@nellis.af.mil. Action Lines of general interest will be published in the Bullseye; others will be answered by phone. Remember, the quickest and most efficient way to solve a problem is to talk directly to the office that is responsible. This gives them a chance to help you and perhaps improve the process.

Useful phone numbers

BX Customer Service.....	644-2044
Commissary.....	643-7919
Child Development Center I.....	652-4241
Child Development Center II.....	652-5885
Finance (Military Pay).....	652-4844
Fitness Center.....	652-6433
Housing Maintenance.....	652-1847
Hospital Appointment Desk.....	653-2778
Hospital Information Desk.....	653-2222
Legal Office.....	652-4213
Mountain View Dining Facility.....	652-4764
Public Affairs.....	652-2750
Safety.....	652-7604
Security Forces.....	652-2311
TRICARE.....	653-2500

Smokin'



My concern is the Nellis Stables. I have talked numerous times to the base veterinarian and Nellis Stables employees about my concern. I have seen a gentleman out there smoking cigarettes within 25 feet of the stables. The base veterinarian says that according to the regulation, and he cannot be smoking within the 25 feet. Stable employees say that they don't care if people smoke within the 25 feet. The smoker I saw says that his horse is very expensive. Well my horses are just as expensive to me and I have a concern about it. It is in the rules that he cannot do this. Nobody will help me get this across to this man that he cannot be smoking in the stable area.



I appreciate and share your concern for the safety of the horses at the Nellis stable. The stable rules clearly state that "Smoking is prohibited within 25 feet of the stable area." Patrons are given an information and rules

packet and are required to abide by them (Section 11, Safety). I have instructed our Services Squadron to enforce compliance. Additional signs will be posted at the stables to emphasize the importance of fire safety. This is a good time and place to remind all of Team Nellis to know the rules and comply with them.

No detour



I am calling regarding the recent road closure at Freedom Park. There were no detour signs posted and cones were up for three days at various times. I had to jump out of the turn lane into housing traffic.

This seems conflicting with the 101 critical days of summer safety. I have tried to call traffic management and have not received any answer.



The 57th Equipment Maintenance Squadron folks were renovating the display aircraft at Freedom Park, an annual task, so we

asked them to provide an answer for you. They stated that they blocked the roads for a couple of reasons. The first is to ensure the safety of the workers and equipment used in the operations. The second was to prevent any problems with privately owned vehicles getting oversprayed with the paint being used.

We try to minimize the impact to traffic during our renovations. Unfortunately, this year we experienced several unforeseen delays in finishing the work. We were delayed by the unseasonable rains this month, and that pushed us into days that Freedom Park was scheduled to be used for several base functions. We scheduled our work around these functions, causing the random road closures.

Rather than leave the road blocked for the entire time, during these delays, we removed the cones blocking the road to let housing residents resume normal traffic flow.

We will be more proactive next year in letting residents know through a Bullseye article when we are planning our operations. We hope this answers your questions and concerns. Thank you for the call. We're trying to make Nellis a better and safer place to live.

57th Wing sortie board

	Eagle	Falcon	Strike	Thunder	Viper	Jolly	Predator
Contracted for month	241	396	148	188	262	113	20
Sorties flown thru July 11	34	67	25	39	45	36	6
Monthly deviation	-22	-23	9	-5	-20	12	1
Deviation for year	-3	-107	12	-3	-26	56	1

CORRECTIONS

The BULLSEYE wants to correct errors published in the paper as soon as possible. If you believe incorrect information has been published, call the public affairs office at 652-5814.

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Editorial content is edited, prepared and provided by the Air Warfare Center Public Affairs Office.

The deadline for article submissions to the Bullseye is 10 duty days for major story ideas and eight duty days for news brief information before publication unless otherwise noted. Articles must be typed and double spaced. Also include a name and a phone number of a person to contact should questions arise. Stories should be submitted directly to the Bullseye Office in Bldg. 620, or call 652-9839 or 652-5814. Stories can be mailed to AWC/PAI, Nellis AFB, NV 89151-5000.

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Nellis news

New speed limit

The speed limit on Range Rd. from Las Vegas Blvd. to Stafford Rd. has been reduced to 35 mph. The remainder of Range Rd. will remain at 45 mph. 99th Security Forces will be monitoring the area with traffic radar and issuing citations to violators.

Quarterly luncheon

The Nellis Airman, NCO, Senior NCO and CGO of the quarter recognition luncheon is scheduled for 11:30 a.m. July 29 at the Enlisted Club. The entree is grilled chicken, tossed green salad, au gratin potatoes and broccoli with cheddar cheese sauce. Cost is \$8 for club members and \$10 for nonmembers.

Those wishing to attend should call their first sergeant no later than July 23.

Prime Beef BBQ

The 99th Civil Engineer Squadron will host a BBQ from 11 a.m. to 1 p.m. July 22 at the 99th CES Pavilion (Bldg. 812). Prepaid tickets are on sale now through July 21. Prices are \$5.75 for a

chicken plate and \$6.75 for a rib plate.

For more information, call 652-8862.

Cook book

The American Red Cross 50th Anniversary World War II Cookbook is on sale for \$5 per copy. The book is filled with lots of historical facts, personal antidotes, pictures and family recipes. All funds raised will be used for volunteer programs at Nellis.

For more information, call 652-2106.

Unauthorized badges

Pass and Registration would like to remind everyone that the AF form 1199A (green Restricted Area Badge) is no longer authorized at Nellis. Those who need to get a new one should contact their unit security manager immediately.

Pass and Registration is open from 7:30 a.m. to 3:30 p.m. Monday through Friday.

For more information, call 652-8681.

Leave accrual

Under the Special Leave Accrual program, those who would lose leave because of deployments may be able to recoup lost days.

Commanders and supervisors should encourage all members to use their accrued leave in excess of 60 days before Sept. 30. SLA is limited to the following circumstances prohibiting normal leave use immediately prior to Oct. 1:

- assigned duties in a hostile fire pay area or imminent danger pay area for 120 or more consecutive days

- assigned duties in support of an operational mission at the national level for 60 or more consecutive days

- assigned to units, headquarters and supporting staffs and unable to take leave for 60 or more consecutive days as a result of missions such as Allied Force, Joint Endeavor or Southern Watch.

Since restored leave under SLA must be used within three years, members who received SLA for FY96 must use or lose the restored leave by Sept. 30.

For more information, call the Military Personnel Flight Personal

Affairs Office at 652-9428 or 652-5972.

AFSPA meeting

The Silver State chapter of the Air Force Security Police Association will meet July 20 in Bldg. 1100. Membership is open to anyone who has or still serves in the security forces field. New and prospective members are invited.

For more information, call Jon Mehringer at 639-6046.

Dangerous soils

The Public Health Flight would like to remind pregnant women that there is a risk of contracting Toxoplasmosis, a disease that can cause mental retardation and eye infections in newborn babies, when working in outdoor garden soil.

For more information, call 653-3351.

Toastmasters

The Nellis chapter of the International Toastmasters Club meets from 7:30 to 8:30 a.m. every first and third Tuesday at Bldg. 625, Room 1228 (Manpower/Quality classroom). Toastmasters Interna-

tional is the leading organization devoted to making effective oral communication a worldwide reality by helping people master the arts of speaking, listening and thinking.

For more information, call Staff Sgt. Chris Anderson at 652-5279.

Reserve briefings

A *Palace Chase Air Force Reserve briefing* will be held at 2 p.m. July 22 in Bldg. 20, Room 202. People who have a separation date of more than a year from now and are interested in separating early are encouraged to attend this briefing first.

For more information, call 652-9073.

A *Palace Front Air Force Reserve briefing* will be held at 1 p.m. July 29 in Bldg. 20, Room 319.

For more information, call 652-4806.

CASA volunteers wanted

The Court Appointed Special Advocate for Children Program is in need of volunteers. They are

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News

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especially in need of men and people who are bilingual. This program advocates for abused and neglected children in the foster care system.

For more information, call Denice Franklin at 455-4306.

Hazmat seminar

The quarterly hazardous material awareness seminar will be held at the Recycling Center, Bldg. 461 from 8 to 10 a.m. July 16. Limited seating is available for the first 30 people who register. To register, call 652-6410.

Dental fee increase

Beginning Aug.1, the premium rates for the TRICARE Family Dental Plan will increase.

The new rates for single premium is \$8.53 and \$21.33 for family premium.

The new rates will be deducted automatically from the sponsor's July end of month Leave and Earning Statement.

For more information, contact the Military Personnel Flight customer service section at 652-9073.

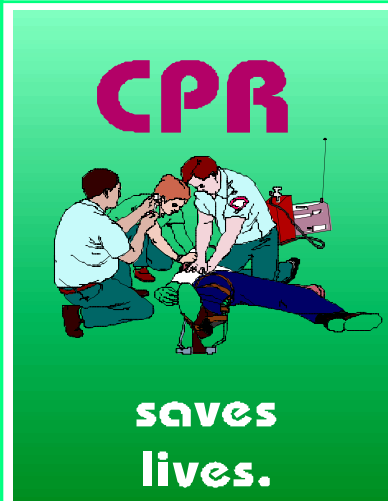
Water conservation

In the desert environment, conserving water is important year-round. However, it is critical in the summer. From now until Sept. 30 odd numbered buildings will water on odd numbered days and even numbered buildings will water on even numbered days.

Newly planted yards or areas need watering everyday, no longer than 10 to 15 minutes. These new areas may only be hand-watered if it's not your day to water according to the base watering schedule.

No watering will be allowed from 10 a.m. to 7 p.m. Normally, 20 minutes is long enough to water an entire lawn.

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Airman 1st Class Bruce Lewis works on an F-16 carriage while Airman 1st Class Christian Noreika directs him from the technical order.

Photos by Amn. Mark Kuhta



Master Sgt. John Guerry and Senior Airman Victor Trice inspect a seat from an F-16.

Egress

Keeping pilots safely seated

By Staff Sgt. Ed Scott
AWFC Public Affairs

Maintaining a system of emergency levers, rails, and life-sustaining explosives on 57th Wing aircraft, maintainers do not have the luxury of plugging in an ejection seat to see if it works, but must rely on integrity checks and visual inspections for component integrity.

Recently, the 57th Component Repair Squadron Egress Shop members were elated when the ejection seats in two F-15s ejected the pilots to safety during a mishap.

"It was nice to see it (the ejection seat) worked as advertised," said Senior Airman Victor Trice, journeyman.

According to shop records, the single-seat ejection system in one of the F-15s involved in the crash had recently undergone a 30-day inspection by the shop.

According to Master Sgt. John Guerry, Egress Shop NCO in-charge, the 14-man shop is responsible for more than 7,800 explosive items on aircraft assigned to the 57th Wing. To perform their job, egress people attend more than two months of technical school along with more than 6 weeks of classes from field training.

"It takes about 18 months for an individual to become proficient on all the different components we are responsible for," said Sgt. Guerry. "This is critical considering the nature of our job — mistakes are life threatening."

Sgt. Guerry said support from leadership and good relations with their customers helps the shop perform their mission.

"We perform 30-day inspections on every aircraft seat," he said.

Along with the inspections, Sgt. Guerry said egress assists other shops by removing their components for maintenance reasons as well as performing follow-up inspections after life support changes out a chute or life support kit.

Along with the 30-day inspections, egress is responsible for performing an extensive three-day inspection every 36 months. These inspections include tear down, functional checks, lube and cosmetics such as painting.

"Our job is important," said Airman 1st Class Christian Noreika, 57th CRS journeyman. "It's our component that can save the pilot's life."

Enlisted ranks will go unchanged

WASHINGTON (AFPN) — Based on the recommendations of an air staff working group and the command chief master sergeants, the Air Force has no plans at this time to rename the first four enlisted ranks.

Earlier this year, the Air Education and Training Command suggested the change in an effort to free up the term airmen for more general use. The idea was that if “airmen” did not refer to any specific grade, it could be used more freely to refer to all blue suiters, in the same way that “soldiers” and “sailors” are used to refer to uniformed members of the

Army and Navy.

One of the reasons cited by both the working group and the command chief master sergeants for not pressing ahead with the suggested changes was that any confusion between the core term “airmen” and the junior enlisted

rank names was not viewed as a serious concern at this time.

Also, many feel the importance of maintaining “airmen” and the junior enlisted rank names as part of our Air Force heritage may outweigh any perceived benefits of changing at this time.

American Red Cross Emergency Notification Policy Changes

To reach family members in times of emergency through the American Red Cross, individuals can call the American Red Cross Armed Forces Emergency Center toll free at 1-877-272-7337.

Be prepared to provide the service members:

- Full name
- Social Security number
- Branch of service
- Rank
- Military unit

For more information or other services provided by the American Red Cross, call the Nellis chapter at 652-2106.



Advertisement

Air Force training helps Collins command space shuttle

After striving for 20 years, colonel finally acheives dream of becoming first woman to reach for the stars

By Senior Airman Jeffrey Bishop
Air Force Print News

JOHNSON SPACE CENTER, Texas — This summer, Col. Eileen Collins will become the first woman to command a space shuttle mission. It's a job she's worked toward for more than 20 years.

Along with Columbia's payload and crew, Col. Collins is taking Air Force training to space.

The colonel got started at Vance Air Force Base, Okla., in 1978 as one the first women to go through undergraduate pilot training there.

As a new lieutenant, she was inspired to become an astronaut after seeing the first shuttle astronauts — including the first female astronaut candidates — go through parachute training at the small Midwestern base.

In 12 months, Col. Collins was a pilot, and in 12 years, she was an astronaut pilot. Since her selection to 1990's astronaut class, she has piloted two shuttle missions for NASA. She will command shuttle mission STS-93 July 20, to place the X-ray observatory Chandra in orbit.

Commander and pilot preparations include flying NASA T-38 aircraft or a Gulfstream II shuttle simulator, which is a commercial jet modified to perform and

fly like the space shuttle. Col. Collins and Navy Capt. Jeff Ashby, STS-93 pilot, practice landing at White Sands, N.M., or Kennedy Space Center, Fla., every week. That training is important because the shuttle has "the glide path of a rock" on re-entry, Colonel Collins said.

"It's a glider, in the sense that it doesn't have any engines in the landing phase," she said, but added that the space shuttle drops out of the sky at a much faster descent rate and at a higher glide angle than typical gliders.

"Our lift-to-drag ratio is on the order of 4- or 5-to-1, where, for example, the T-38 is on the order of 9- or 10-to-1, and a true glider could be on the order of 40-to-1 or more."

Besides the shuttle's unique approach, there's also the challenge of a night landing — Col. Collins' first. And this shuttle will be heavier, and thus faster, than normal, because of the mission's payload.

Because there is so much at stake, Col. Collins said each shuttle pilot must fly at least 1,000 approaches and landings in the trainer before flying as shuttle mission commander. Col. Collins and Capt. Ashby will also be able to practice the landing on orbit, with a special simulator stick connected to a laptop computer called "Pilot."

In addition to flying more than 1,000 simulated shuttle landings, Col. Collins has logged more than 5,000 flying hours in more than 30 different aircraft — including two flights in the space shuttle — and has knowledge far beyond what she had flying T-37s and T-38s at Vance. Nonetheless, she said she still uses much of what she first learned in undergraduate pilot training and as a first-assignment instructor pilot.

"What a pilot learns in the early stages of his flying training stays with him throughout his career," she said. "In military pilot training, the intensity and the stress of it — there is stress there — is forcing you to learn.

And the repetition is very, very important."

Col. Collins said the skills learned through that repetition almost become second nature, and stay with a pilot the rest of his or her career.

"When I fly the T-38 here at NASA, I still remember all the little formulas and all the little, neat tricks that my instructors taught me," she said. "I taught those same things to my students, and I still use them today."

The former first-assignment instructor pilot added that skills like how to use a checklist and the control-and-performance concept of how to do a cross check even apply to aircraft like the space shuttle.

Being shuttle commander involves much more than piloting the orbiter, however. To train for its mission, the entire crew employs the crew-resource management training Colonel Collins first learned working with a crew of up to seven people as a C-141 commander and instructor pilot at Travis Air Force Base, Calif., from 1983 to 1985.

"As a commander, I'm big on crew resource management — the way the crew (members) communicate with each other," she said. "Every person has a job, they do their job, but they need to be aware of what the other crew members are doing, and they need to communicate well."

The other Air Force woman on the flight said she appreciates Col. Collins' approach.

"I like the way she works with people, the way she thinks about ... what kind of help they need, what kind of help they don't need," said Lt. Col. Catherine Coleman, an Air Force polymer chemist and NASA mission specialist on the flight.

"I just enjoy the way she manages the flight."

"You need to learn how to work with people and use people to get the mission done effectively," Col. Collins said of her time commanding heavy-aircraft. "I think all of that experience has really helped me with this job here."

Advertisement

Suicide is never the answer to depression

By Tech. Sgt.
Vincent Rodriguez
Mental Health

As we all know, life can at times be stressful. Things don't always go the way we expect. No one ever plans their life disasters or even the ongoing stressful events that are a part of daily life: traffic happens, illnesses occur, relationships dissolve. The important point to remember is that although we cannot control stressors in our environment, we can control our behaviors, habits, and reactions to stressful events.

Some healthful tips that have been found by others to aid in coping with stress include:

- Develop a positive, realistic attitude toward yourself and others
- Practice relaxation on a daily basis
- Exercise in moderate amounts each day
- Avoid tobacco, alcohol, and drugs
- Eat a well-balanced diet
- Prioritize your "to do list" in a manageable fashion
- Surround yourself with supportive friends
- Get professional help and advice when necessary from a doctor, the clergy or mental health.

The following letter illustrated how life can become out of control. This is one person's story of a stressful time in his life and his reaction to it. The story is told with the hope that others who might find themselves in a similar situation can learn from this experience without reaching the same point of hopelessness.

I just wanted to go to sleep and not wake up -- I had never been so depressed in all of my life and I wanted to get away.

Victim of depression

There are alternatives when confronted by stressful events; sometimes it is just difficult to see those choices.

It's amazing how one event in a person's life can change one's outlook and hopes for the future. I was about to go through a big change in my life, for the better, and there were many issues that I had to face in order to make it through these changes. I was nearing the end of my enlistment, I had a job waiting for me in Hawaii with a triple in pay, and I

was getting married. Everything was going great until something happened that just turned my world up side down.

My fiancée and I broke up two days after Christmas. We had been together for three years and everything had been great until then. I went through months of the worst depression that I can

imagine. I tried to distract myself by going out with friends and keeping busy, but that only covered up the problem for a while. Eventually I just got tired of trying to deal with feeling so low.

I took a few days off from work, but that only added to the problem. I had more time to sit and think about my seemingly increasing problems and I hit bottom. There were, of course, many people that I could have approached with my problems

and asked for help, but by this time I was beyond the point of wanting help. I just wanted to get away from everything. I finally had enough and came up with a permanent solution to a temporary problem. I had decided to take my own life and leave this world and all of my problems behind.

After several days of thought I had decided how I wanted to do this. I sent an e-mail to some friends in Germany, wrote a note to my roommates and also a letter to my flight chief. One of my roommates had oral surgery earlier that week and had been prescribed some pain medication, so I stole the bottle. I got into my car and drove to the shop. I cut about 20 feet of garden hose and placed the letter to the Chief on his desk. I then drove to the store and bought a bottle of alcohol and three sodas. I was ready to leave this place forever.

I drove about ten miles out of town, found a nice spot where I could see the city, put the garden hose in the exhaust pipe and ran it through the back window. I took what was left of the pain medicine and fixed myself a rum and coke.

I just wanted to go to sleep and not wake up -- I had never been so depressed in all of my life and I wanted to get away. My body was exhausted from months with little sleep and my mind was exhausted from worry and depression. I started the car and turned on the radio, waiting for sleep to take me away from everything.

The e-mail that I had sent to Germany started a chain of events that would save my life. My friends in Germany, after reading the e-mail, got in touch with my flight chief. The Chief called my roommates and then went to the shop and recalled everyone. At two in the morning 38 people started combing the city in search of me. They were not going to stop until I was found. They did, eventually find me, and in the nick of time. I was so lucky that two of my co-workers found me, because I wasn't in the city and it was just by chance that they had decided to drive down the lonely road where I was parked. It was not a place where I expected them

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Only light can drive out bad attitude darkness

**By Lt.Col.
Scott D. Chambers**
99th Supply Squadron commander

Did you ever meet a person who you just love to hate? They are always in such a good mood about everything and always have something positive to say no matter how challenging the situation is. When asked how they are doing, they usually respond with something like, “If I were any better I’d be twins” or “It just doesn’t get any better than this!” You know the type. They always look for the positive side of any situation and are natural motivators.

As Norman Vincent Peale once said, “Become a possibilarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities—always see them, for they’re always there.”

About 5 years ago, I asked my best friend how he always stayed so positive. He said, “Simple, each morning I wake up and say to myself, ‘Self, you can choose to be in a good mood or to be in a bad mood ...’ I always choose to be in a good mood. Each time something bad happens, I can choose to be a victim or can learn from it ... I choose to learn from it.” Further he said, “Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life ... I choose to point out the positive side of life.” Of course I said, right, it’s not that easy. He said, “Really, it is that easy. Life is all about choices.

You choose how you react to situations. You can let them completely control you, or you can take control and find the positive side to life ... I choose to look for the positive side, and you know what? I find it because its

always there!”

There are, no doubt, many things in your life you can’t control. While newly stationed in Hawaii a few years back, a co-worker complained to me about there being nothing to do in Hawaii. I couldn’t believe it! Talk about living in paradise and not having a clue; truly this co-worker sought out the negatives of Hawaii.

Although we can’t control where we are stationed, for example, we can make the best of it. That was easy to do in Hawaii, and it’s easy to do in Las Vegas. Although you can’t control the weather, you can control your

attitude! Don’t get me wrong, I don’t mind the complainer—as long as they follow-through and make suggestions to fix the problem. It’s those folks who complain just to complain or complain about something no one can control who bug me. My suggestion? If it’s something someone on this base can fix, complain about it, develop workable suggestions to fix it and then push it as hard as you can until that problem is fixed. Then go on to the next one! If the problem is way beyond the control of any human, don’t sweat it because there’s nothing you can do about it, and complaining

won’t help.

As we all know, a positive attitude can be a huge, force multiplier. Wonder why some senior NCOs have troops who want to follow them wherever they get assigned in a squadron? I’ll bet its because of their positive attitude. You can be that troop. You can make the choice to be in a good mood, have a positive attitude, and see the light side of life.

As Martin Luther King put it, “Darkness cannot drive out darkness; only light can do that.” See the lighter side of life and put a smile on your face—a smile goes a long, long way to improve morale of all you work with!

Advertisement

Insect bites may be more than just painful

By Airman Tyson J. Buckner
Public Health

As people gear up for summer and prepare for outdoor activities, it is important to be aware of the dangerous insects in the Las Vegas area and Nellis community.

Being knowledgeable about these insects is the first step in protecting yourself and your family from potential harm.

Three harmful insects that exist in the area are the Black Widow spider, the Brown Recluse spider and the Africanized honeybee.

“You can identify the glossy, black colored Black Widow spider by the bright orange or red hourglass shape located on its abdomen,” said Staff Sgt. Dante Pawa, public health craftsman. “While both male and female Black Widows exist, only the bite of the female is considered poisonous to humans.

Although the bite is very painful, it is not usually fatal.

“Initially, the bite may feel like a pin-prick

and go unnoticed, and you may experience numbness, itching, swelling and reddening at the site and see bright spots where the fangs pierced the skin,” said Sgt. Pawa. “Within a half-hour, excruciating pain develops and spreads to the chest and abdomen, and within a few hours, you may develop a severe headache, chills, sweating, rapid shallow breathing, delirium, partial paralysis, vomiting, cramps and muscle spasms.”

The Brown Recluse spider (also called the Fiddle Back spider) is yellow/tan in color and has violin-shaped markings behind its eyes.

“You are less likely to see a Brown Recluse because it lives in undisturbed areas,” said Sgt. Pawa. “This spider presents an even greater danger to you and your family because its bite can

cause tissue necrosis -- a condition where the venom-affected area dies and sloughs away underlying tissue.”

Additionally, the bite area becomes red, painful, swollen and a small blister may form.

Anyone bitten by a Black Widow or Brown spider should seek attention immediately. According to Sgt. Pawa, the best way to prevent

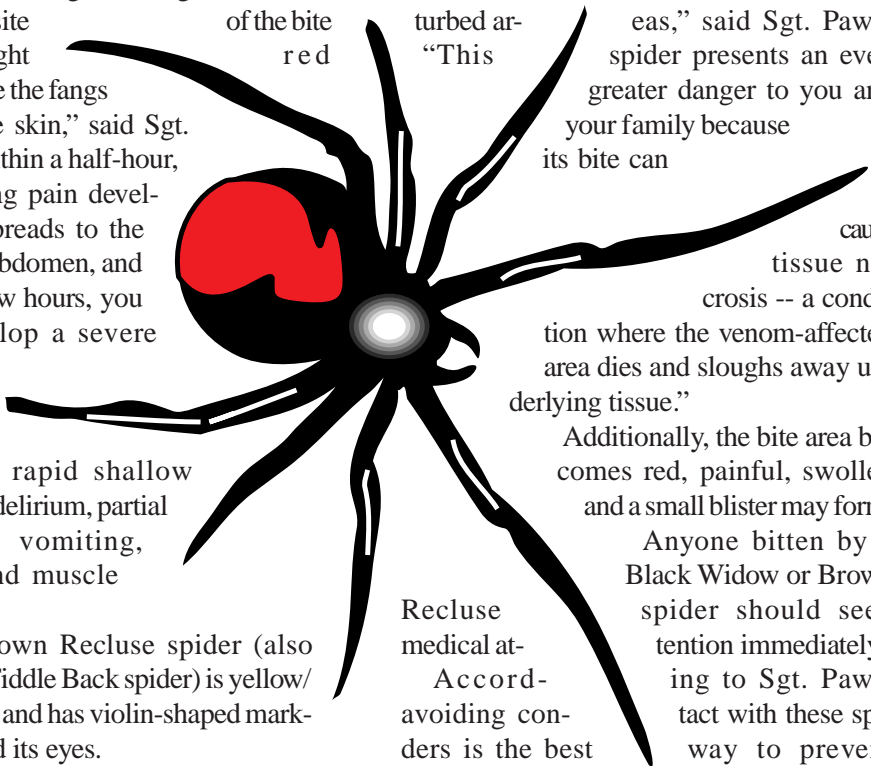
bites. Do this, steer clear of visible spiders and spider webs, shake out shoes, clothing and bedding before use and be cautious when moving or picking up objects around undisturbed areas.

Africanized honeybees (also known as killer bees) look like European honeybees, but they display ultra-defensive, aggressive behavior.

“A large group of Africanized honeybees have been known to chase a victim 400 yards or more and sting the victim ferociously,” said Sgt. Pawa. “Some people may have an allergic reaction to these painful bee stings and, for a small percentage of people, may be fatal.”

To avoid these painful bee stings, Sgt. Pawa recommends people should keep their face covered, leave the area quickly and seek shelter. Swatting at the bees will only further agitate them, resulting in more stings.

For more information about these or other dangerous insects in the local area, call the Public Health Flight at 653-3351.



Advertisement

Myth or Fact; TRICARE truths revealed

If you are sometimes confused about the many benefits and features of the TRICARE program, you're not alone. Since April 1, 1997, the date healthcare delivery for the TRICARE program began in the TRICARE Central Region, TriWest Healthcare Alliance and the military treatment facilities (MTFs) have been working to help TRICARE beneficiaries have a better understanding of their healthcare benefits. Although many people today have a good grasp of the program, there are still some misconceptions. To clear up the confusion, TRICARE put together this list of common myths—and the actual TRICARE facts.

Myth #1

In addition to TRICARE, there is still a separate CHAMPUS program.

Fact: The military healthcare program previously known as CHAMPUS now exists as TRICARE Standard. It is one of the three options available under the TRICARE program. (The other two options are TRICARE Extra and TRICARE Prime.)

Myth #2

TRICARE contracts with only the lowest bidding providers to

serve the healthcare needs of active duty family members, and retirees and their families.

Fact: Although network providers are asked to discount their fees, in order to manage healthcare costs, price is only one of several factors involved in the provider selection process. TRICARE beneficiaries receive care from providers who are carefully screened according to strict standards for quality. In addition, civilian hospitals in the TRICARE network must be certified by Medicare and/or the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). If you look at the TRICARE Provider Directory for your state, you will notice that many of the hospitals and physicians listed are affiliated with prestigious clinics and medical centers in your area.

Myth #3

Since my family members are entered in the Defense Enrollment Eligibility Reporting System (DEERS), they are covered by TRICARE.

Fact: Enrollment in the DEERS database only verifies *eligibility* for TRICARE benefits. If you choose the TRICARE Prime option, you

must complete a separate enrollment process with TriWest. (There is no enrollment required for TRICARE Standard or Extra.) Contact the TRICARE Service Center (TSC) at the Mike O'Callaghan Federal Hospital at 450-4000 or call 1-888-TRIWEST (874-9378) and select option 6 for an enrollment form. Remember, whenever you update DEERS for yourself or your family members, be sure to notify TriWest of any changes (especially changes to your address and telephone number) so TRICARE claims can be processed quickly and accurately.

Myth #4

Active duty family members are automatically enrolled in TRICARE Prime.

Fact: Active duty family members are eligible for TRICARE Prime at no cost. However, it is still necessary for family members to complete an enrollment form as described above.

Myth #5

If I choose the TRICARE Prime option, my entire family must enroll in Prime to receive TRICARE coverage.

Fact: Enrollment in TRICARE

Prime is on an individual basis; it is not a requirement for every eligible family member to enroll. Family members who do not enroll in Prime are still eligible for TRICARE Standard and Extra.

Myth #6

I don't need to pay a Prime copayment, because my military primary care manager (PCM) referred me to a civilian doctor.

Fact: A TRICARE Prime beneficiary referred to a civilian provider by his or her PCM is responsible for the applicable copayment.

Myth #7

My healthcare benefits begin the day I send in my TRICARE Prime Enrollment Form.

Fact: Beneficiaries whose enrollment form is received by TriWest on or before the 20th day of the month are covered under TRICARE Prime as of the first day of the following month.

Those who enroll on or after the 21st day of the month must wait until the first day of the second month for coverage to begin. If you seek care before your enrollment is effective, your claims will be paid as a TRICARE Standard or Extra beneficiary.

Myth #8

Retirees over the age of 65 no longer have TRICARE medical benefits.

Fact: Government regulations do not allow a Medicare-eligible retiree, family member or survivor over the age of 65 to participate in the TRICARE options unless enrolled in TRICARE Senior Prime at one of the Medicare demonstration sites. Currently, the only site in the TRICARE Central Region is in Colorado Springs, Colo. The following features of TRICARE are available to assist in getting healthcare services:

- assistance in locating available Medicare providers;
- free medical and healthcare advice by calling the TRICARE Line for Care, or TLC, at 1-888-887-4111;
- access to pharmacy services at the MTF; and
- local MTF services (when space is available).

For more information about TRICARE options and benefits, contact a service representative at the Nellis TRICARE Service Center located in the Mike O'Callaghan Federal Hospital at 450-4000, or call toll-free at 1-888-TRIWEST.

(Information provided by TRICARE News.)

Advertisement



Salute

Congratulations to the following senior airmen who were recently promoted below the zone:
Joey D. Amore
99th Communications Squadron
Carl H. Busse

57th Aircraft Generation Squadron
Edward B. Cox
57th Equipment Maintenance Squadron
Anita Cuevas
99th Medical Operations Squadron
Leandr Delossantos
99th Supply Squadron
Sean J. Driscoll
57th Operations Support Squadron
Byron S. Eastes
99th Civil Engineer Squadron
Kalyl Figueroa
99th Transportation Squadron
Gabriel F. Gamboa
57th AGS
Brian S. Granger
11th Reconnaissance Squadron
Nardia F. Green
99th Services Squadron
Brandon C. Hannasch
99th Security Support Flight
Mohammad Jahanfard
99th Security Forces Operations Flight
William M. Jepson
57th AGS
Richard A. Jones
66th Rescue Squadron

Rian A. Lawrence
57th AGS
Lee W. McKinstry
896th Munitions Squadron
Brent Posadas
57th AGS
Jennifer Prescott
99th MDOS
Robert L. Sanders
66th RQS
Scott R. Smith
99th SFOF
Sara R. Sucato
99th Medical Support Squadron
Howard Suggs Jr.
57th EMS
Douglas S. Tyler
57th AGS
Corey M. Vollink
99th SSF
Melissa M. Weaver
99th Mission Support Squadron
Daniel C. Western
820th REDHORSE

Congratulations to the following quarterly award winners from 57th Operations Group:

Airman 1st Class Christopher D. Laymon
Airman of the quarter
Staff Sgt. Carllese R. Jefferson
NCO of the quarter
Master Sgt. Sandra M. Valdezate
Senior NCO of the quarter
Capt. Angela J. Burth
CGO of the quarter
Debra M. Krell
Civilian of the quarter, GS-6 and below
Ann Graham
Civilian of the quarter, GS-7 and above

Congratulations to the following Yard of the Month winners:
Staff Sgt. Gary Schroeder, 16 Jones
Tech. Sgt. Cheryl Lewis, 10 Cook
Senior Airman Dylan Hulbert, 2

Hunter
Staff Sgt. Douglas Strouth, 5-B N. Landis Ct.
Tech. Sgt. Jimmy Lewis, 12-A Bartley
Tech. Sgt. Charles Van Bergen, 25-A Shaver
Master Sgt. Michael Fuller, 80-A Stafford
Staff Sgt. Michael Maeder, 71 Mack
Staff Sgt. Charles Vosvick, 13 W. Cassady
Airman 1st Class Michael Birt, 5 Jones
Staff Sgt. Larry Rios, 102 Swabb
Tech. Sgt. Sheldon Parrish, 151 Swaab
Capt. Theresa Shehan-Wood, 23-A Falk
Senior Airman Richard Gibson, 40-A Salmon
Staff Sgt. Scott Cox, 30-A Strunk
Senior Airman William King, 37 Mack

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Advertisement

Suicide

Continued from Page 11

to look.

Things worked out in my favor although I didn't think so at the time. I had been sitting in my car for almost six hours when I was found. Several things had gone wrong during the night which required me to get out of the car and adjust the garden hose or make some last minute minor adjustments. Every time I got out of the car was like starting the process all over again because when I would open the door all of the carbon monoxide escaped. If it had not been for these things, most likely I would not be here today.

At the time, I didn't want anyone to find me. I was angry with everyone for screwing up my plans and now I had more problems to deal with. After a few days of thinking, I realized how many people would have been hurt if I had succeeded with my plan. There were so many people that would have bent over backwards to help me or do anything that would have made it easier on me, if I had only asked. I look back on what I did and I realized that I was very selfish and I am so sorry for the hurt and trouble that I caused. What would I have accomplished if I had succeeded? I would not have to worry about anything anymore, but the friends

and family that I left behind would have lived with this burden for the rest of their lives. My problems would have been transformed into a huge mess that everyone else would have to clean up. This is very unfair to those who would have to live with what I did.

My advice to anyone who ever feels the same way is to PLEASE talk to someone. I assure you that friends and family will do anything to help if you let them. They will be hurt and disappointed if they feel like you don't trust them enough to ask for help. I know it won't make the problems go away and they will not be able to give a solution that will make things better, but it does help to have someone that will listen and offer some sort of comfort. I would not have been able to continue without the help of my friends and family. Who knows, maybe someday you will be able to do the same for someone else who feels the same way.

Nellis moms, a group for moms and their children, offers activities on and off base, playgroups, babysitting co-op and support for moms and fun for children. For more information, call 643-2702 or 431-8230.



Advertisement

Apartment fire sparks interest for volunteer

By Staff Sgt. Ed Scott
AWFC Public Affairs

Having lost everything in an apartment fire in conjunction with her husband leaving for a remote assignment in Iceland, the Family Support Center's Feature Volunteer found herself walking into Family Services for assistance.

"When I came to Family Services, I honestly didn't know what the Family Support Center was," said Ms. Jann Brooks, lead volunteer for the Transition Assistance Program. While in Family Services, Mrs. Brooks said she learned about the different programs offered through the FSC, and became a volunteer.

"I had been out of the job force for 10 years and this was a good way to gain job experience," she said. "I really didn't know a lot about computers when I started. All I knew was how to turn on the computer and dust it."

Along with being a TAP volunteer, Mrs. Brooks is the co-lead volunteer for the center's volunteer training program. Her daughter, Jessica is a FSC volunteer and Mrs. Brook's son, Josh, volunteers with the Hearts Apart program.

"I've met a lot of people — people who need help leaving the military," Mrs. Brooks said. "They're dedicated to finding a job. You get to know these people and its great once they learn how you can help them.

"I love volunteering," she said. "My husband will be home soon and he doesn't know it yet, but I'll have him in here volunteering also."

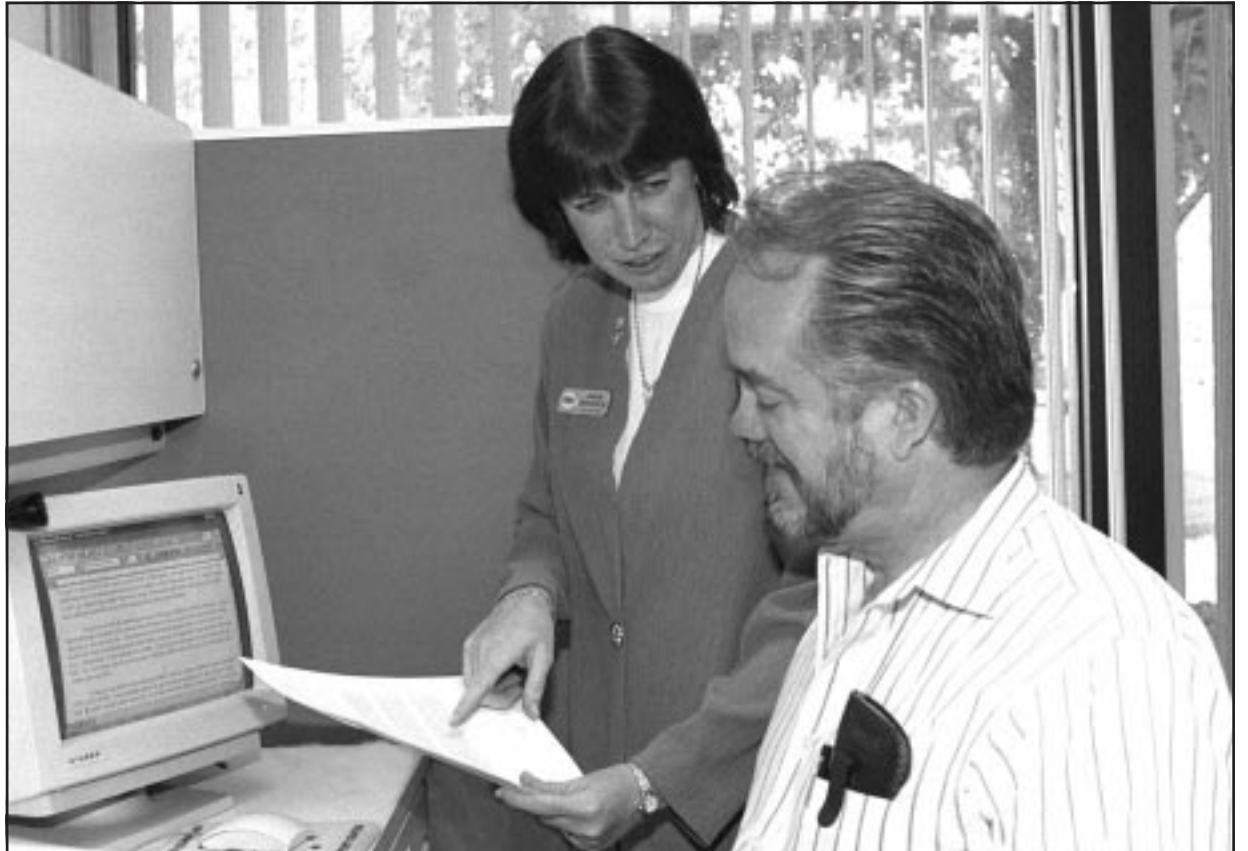


Photo by Senior Airman Demetria L. Gibson

Ms. Jann Brooks, lead volunteer for the Transition Assistance Program helps Mr. James Hudgens with the internet.

Advertisement

DON'T BE SNOWED. BE IN THE KNOW.

STRAIGHT TALK LINE 652-4038

Straight Talk is a rumor control line activated during times of crisis.



Advertisement

FITT-ness important part of weight loss

By Ms. Laura Weart
Health and Wellness Center
director

An exercise prescription should be made with a person's current fitness status and goals in mind. One of the most common goals of an exercise program is to lose weight.

The Frequency, intensity, time and type (FITT) principle usually serves as a good framework for all exercise programs.

"It is important to remember that the bottom line every day for weight management is the number of calories an individual takes in versus the number expended," said Mr. Kevin Pitt, Health and Wellness Center. "Exercise, of course, burns calories, but often times not as many calories as you could think."

According to Mr. Pitt, there are approximately 3,500 calories in a pound of fat. In general, working out for 30 minutes burns approximately 300 calories. Doing this four times a week, one could burn about 1,200 calories or a third of a pound of fat.

"People should not expect to see major results in only a couple of weeks," Mr. Pitt said. "But remember that exercise does make a big difference over time."

The frequency of an exercise program with a goal of weight loss is important. The more days of regular exercise, the more calories burned.

"And don't forget about unstructured activities," Mr. Pitt said. "While taking the stairs and parking further out in the parking lot don't sound like much, they will make a difference over time."

Intensity should be at a moderate level. Normally, the body uses both carbohydrates and fat for energy during activity. According to Mr. Pitt, it is true that the lower the intensity of exercise, the higher the percentage of fat used. That is why some cardiovascular machines at the gym list low target heart rates for a "fat burning zone."

"Be careful though," Mr. Pitt cautioned. "If you exercise at too low of an intensity, the total number of calories you burn is just not significant. A moderately challenging level will burn a much higher total number of calories. The number of calories from fat will likely be higher too when the percentage is factored into the higher total number of calories."

According to Mr. Pitt, it is also true that the longer an exercise session lasts, the more fat is used as an energy source.

"So a minimum of 30 minutes would be a good rule," Mr. Pitt said. "If your aerobic sessions at the gym last more than an hour, chances are your intensity is too low. In that case, it would be more efficient to increase your intensity rather than exercise for more than an hour."

According to Mr. Pitt, aerobic activities should be the foundation of a program focused on weight loss. Strength activities are not out of the question though.

"Many people think they will gain weight if they do any strength training," said Mr. Pitt. "Again, the bottom line is calories in versus calories out. A moderate strength training program is fine. One reasonable approach would be to use lighter weights than normal and increase the repetitions to 12 to 15 per set."

Mr. Pitt said to remember to set long-term goals and keep perspective. Selecting activities you enjoy will ensure that you maintain your exercise habits over time. Trying new activities and varying your routine are also ways to stay motivated.



Photo by Senior Airman Demetria L. Gibson

Staff Sgt. Janet Hendrix, 99th Medical Operations Squadron

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At the movies

Unless otherwise indicated, all show times are at 7 p.m. with Saturday matinees at 1 p.m.

Today

A MIDSUMMER’S NIGHT DREAM (PG-13)

Kevin Kline, Michelle Pfeiffer
In this adaptation of William Shakespeare’s magical comedy, at the turn of the 19th century in Tuscany, nobles venture into the lush countryside and are bedeviled by the mischievous sprites who rule the natural world.
Sensuality and nudity.

Saturday, Sunday & Monday NOTTING HILL (PG-13)

Julia Roberts, Hugh Grant
Anna Scott is the world’s most famous movie star. William Thacker owns a travel bookstore. When Anna and William’s paths cross in the neighborhood of Notting Hill, romance is the last thing on their minds.
Sexual content and brief strong language.

Theater closed Tuesday & Wednesday

Thursday & July 23 THE MAXTRIX (R)

Keanu Reeves, Laurence Fishburne
In a universe run by computers, human beings are used as batteries for bio-electrical energy to fuel the artificial intelligence known as the Matrix. The Matrix has created a virtual reality to make its inhabitants think they are living happy, creative productive lives.
Sci-fi violence and brief language.

July 24, 25 & 26 INSTINCT (R)

Anthony Hopkins, Cuba Gooding Jr.
Held captive in a brutal prison for the criminally

insane, primatologist Ethan Powell, who has not spoken in years, is sent to psychiatrist Theo Caulder, who must try and unlock the dark mystery from the mind of what appears to be a madman.
Some intense violent behavior.

Theater closed July 27 & 28

July 29 & 30 THE THIRTEENTH FLOOR (R)

Armin Mueller-Stahl, Craig Bierko
Business tycoon Hannon Fuller’s mysterious death reveals his double life that veers between two parallel worlds, one real and one computer-simulated, one in 1937 Los Angeles and one in present day Los Angeles.
Violence and language.

Advertisement

Valley news

Spring Mountain Ranch State Park

875-4141

Art Show - 6 to 8 p.m. Wednesday through July 17. Watercolors and oil paintings will be on exhibit on the east side of the Ranch House.

Southern Nevada Photography Exhibit - 6 to 8 p.m. July 21 through 24. Photographs will be on exhibit on the east side of the Ranch House.

Southern Nevada Photography Exhibit - 6 to 8 p.m. July 29 through 31. Photographs will be on exhibit on the east side of the Ranch House.

Reed Whipple Cultural Center

821 Las Vegas Blvd., North
229-6211

Young Artists Recital Series

- Recitals will be held at 2 p.m. Aug. 7, 14 and 21.

Teenagers will be performing 20 minutes of music in an intimate concert setting.

The Artists' Search.. the significance of content through Aug. 30.

Local artists Sylvester Collier, Harold Bradford and Vicki Richardson explore imagery that reflects their cultural identity, interpretation of relationships, and spiritual and political issues.

Louise Reichlin and Dancers, 2 and 7 p.m. July 30.

The program will explore the world, from ancient Celtic rituals to today's high technology. The opening number, "lion and the Mermaid," is among many on the program especially for children.

A Perfect Balance, a Childsplay Production, 2 and 7 p.m. July 23.

A multi-media adventure that teaches about art and the impor-

tance of the creative process. The program celebrates the 100th anniversary of the birth of Alexander Calder, the creator of the mobile. A free mobile class will be offered at 1:30 p.m. Wednesday. Space is limited.

Family to Family Connection Center

1807 W. Charleston Blvd.
383-7058

Baby Play Group - 10:30 a.m. to noon, today, July 16, 23 and 30. Each week will offer an opportunity for parents to interact with their baby in ball play, fingerplays, songs and activity play. The program is designed to help new parents.

Make Your Own First Aid Kit - 2 to 3:30 p.m. July 22. The center will supply everything needed to make a first aid kit.

CPR - 6 to 10 p.m. July 29. The center takes care of your baby while parents learn CPR

Lake Mead Recreation Area

293-8990

Fishing contest, Callville Bay - Sept. 10 through 15. WON Bass. (619) 442-9711.

Southern Nevada Musical Arts Society

451-6672

Season auditions - 7 to 9:30 p.m., starting Aug. 29 at the University of Nevada, Las Vegas Alta Ham Fine Arts Bldg., Room 147. The program ranges from major orchestral to Broadway.

Family Film Festival

Jaycee Park (St. Louis & Eastern)

The Borrowers - 8 p.m., Thursday. Picnickers are welcome.

The Borrowers reside under the floorboards of our homes and of-

fices, taking great pains to go undetected. But one boy, Pete, has his suspicions and he manages to discover and become friends with the Borrowers living in his house. They soon join forces to save their home from destruction.

Bogus - 8 p.m., July 29. Picnickers are welcome.

Academy Award winner Whoopi Goldberg stars in this comical fantasy about a young boy who is helped through difficult times by a caring, larger-than-life imaginary friend. Gerard Depardieu also stars in this motion picture.

Pocahontas - 8 p.m., Aug. 5. Picnickers are welcome.

This full-length animated film is a magical tale based on the classic true story of a Native American princess who saves Virginia settler John Smith from the clutches of the Powhatan tribe.

The film features the voices of Mel Gibson, Irene Bedard, David Ogden Stiers, and Linda Hunt.

Advertisement

Bowling Center 652-2160**Bowling for bucks**

If you aren't bowling, you can't win. The promotion is a great way to spend quality time with friends and family, and get some exercise too. The next cash drawing is July 30.

Golf Course 652-2602**Jr. golf summer swing fest**

The Sunrise Vista Golf Course will host Session III of the '99 Junior Golf Summer Swing Fest July 28, 29, 30 and August 4, 5, & 6. The first two sessions were a huge success. This is the last one, so sign up now. The Swing Fest is open to all youth ages 7 through 17 and includes instruction, range balls, use of equipment, and a tournament with awards at the completion of the session. Participation in this program is necessary in order to receive a Jr. Playing Privileges card. All kids under 10 years of age must have this card in order to use the golf course. A great deal for only \$40 per person, per session.

Chapel 652-2950**Catholic worship schedule****Daily Mass**

11:30 a.m. Monday through Friday

Saturday

4:30 p.m. reconciliation

5 p.m. Mass

Sunday

9:45 a.m. and 12:30 p.m. Mass

Protestant worship schedule**Sunday**

8 a.m. gospel service

11:15 a.m. traditional service

Revelation study

Officers' Christian Fellowship is beginning a weekly study in Revelation from 6 to 7:30 p.m. Sunday in base housing.

For more information, call Sean Perkins at 643-5739 or Jim Dutton at 648-3841.

Women's Bible study

A women's Bible study from noon to 1 p.m. every Wednesday at the Chapel Annex, Rooms 8 and 10. Supervised child play is provided.

For more information, call Sheryl Decker at 652-3055.

Education Center 652-5280**Air Command & Staff College**

Air Command and Staff College announces its seminar program for 1999-2000. Majors, major selectees and DoD civilians GS-11 and above are eligible to enroll in this program. Enrollment is required by July 2.

For more information, call 652-9405.

Counseling services

Community College of Southern Nevada is now offering counseling services at Bldg. 20, Room 318.

For more information or to register, call 652-5527.

Tuition assistance

Everyone receiving tuition assistance must have a TA form filled out and approved prior to enrollment in any class. Failure to do so will result in being fully responsible for the entire amount.

U of Oklahoma

The University of Oklahoma is accepting applications for the Master of Public Administration degree program.

For more information, call 652-9453, or stop by the Education Center.

Air War College

The Air War College nonresident studies seminar program is open to active duty, Guard and Reserve colonels, lieutenant colonels and lieutenant colonel selectees and civilian employees GS-13 and above.

Enrollment applications are available at <http://www.au.af.mil/au/awc/enrolppr.htm>.

Family Support Center 652-3327**Predeployment briefing**

Get information that can make deployments easier to cope with at 9 a.m. every Monday. Spouses are encouraged to attend.

Ready, set, grow

This workshop is designed for parents with children ages 3 to 36 months. Meet with other parents from 10 to 11 a.m. Mondays and share parenting information. Children can learn socializing skills as well.

Intro to career focus

Gain general employment information about the local area and get registered in the local job bank 9 to 10:30 a.m. every Tuesday.

In and out budget

Bring a calculator and a record of monthly expenses for budget training from 2 to 4 p.m. Monday.

Saturday job market

The FSC is accepting applications for Saturday Job Market on an ongoing basis. SJM is a tuition-free employment training program designed to teach computer skills required to be placed in a job. Training will be on base and done by the Community College of Southern Nevada. Stop by the FSC to pick up an application.

Financial awareness to bank on

This seminar, from 8 to 11 a.m. Tuesday, covers determining need vs. want, financial problems and solutions, budgeting, planning and the use of credit.

Sponsorship training

This training will be held at 2 p.m. Tuesday and is for anyone sponsoring someone and would like to make it a positive experience.

TAP strategies

This 3-day workshop, from 8 a.m. to 4 p.m. Wednesday through July 23, is designed to help prepare for civilian life. It is offered in conjunction with the Departments of Labor and Veterans Affairs.

Call the FSC to register.

Health & Wellness Center 653-3376**PACE**

People with Arthritis Can Exercise is an activity designed to sustain and improve joint mobility, tone muscles, improve posture and relaxation through gentle, voluntary exercise in a group setting. The next classes are schedule from noon to 1 p.m. Tuesday and Thursday.

Web page

The HAWC web site is 99mdg.nellis.af.mil/hawc1.htm.

Massage therapy

The HAWC offers full massage and back rub therapy. Appointments are available from 9:30 a.m. to 4 p.m. Tuesdays and Wednesdays and 9:30 a.m. to 3 p.m. Fridays. Prices range from \$5 to \$22 for back rubs and \$25 to \$45 for table massages. Call the HAWC for an appointment.

Outdoor Recreation 652-8967**Youth trip to Mt. Charleston**

Outdoor Recreation will host a Mt. Charleston trip Wednesday. Have fun spending the day hiking! Departure time is 9 a.m. and you need to bring a lunch. The trip is open to

Youth Center teen members only. Cost is \$10 per person.

Zion National Park trip

Outdoor Recreation will host a day trip to Zion National Park July 24. Get ready for the oohs and ahs as you travel through this gorgeous scenery. The trip starts at 7 a.m. with a drive that last 2 1/2 hours. Once there, the sights and sound of summer will be abundant. We will be stopping at the lodge for lunch and a visit to the gift shop. Then we'll stop in St. George for a quick snack. Return time depends on the group; we should arrive back between 5 and 7 p.m. Cost is \$20 per person.

Skills Development 652-2794**Children's ceramic class**

The Skills Development Center has a Ceramics class for children four years and older on July 24 at 10 a.m. The kids will make their very own piggy bank. The class is over when the project is done. There is no time limit. Cost is \$10 per person.

Tickets & Tours 652-2192**SeaWorld/San Diego Zoo trip**

The Information, Tickets and Tours office has a trip to SeaWorld/San Diego Zoo August 7 through 8. Cost is \$130 per adult, call for children's prices.

Veterinary Office 652-8836**Appointments**

Available appointment dates for the Veterinary office are: Today, Tuesday, Friday and 27 and 30. Call 652-2230 for appointment times. Remember, do not leave your pet in an unshaded yard or a parked car during the hot weather. It could be fatal for your animal and is illegal.

Youth Center 652-9307**Baby-sitters' club fashion show**

The youth Program will host a fashion show in the youth center's gymnasium at 6 p.m. tonight. Members of the Baby-Sitter's Club will model fall fashions provided by the Base Exchange. Family, friends and guests are welcome to attend.

Youth lessons and workshops

The Youth Program is holding Youth summer fun Lessons and Workshops all summer. There is a Computer Training class on Thursday and July 29, a Step-Aerobic Workshop Monday and Wednesday, and a Modeling Workshop on Tuesday. The fun continues throughout the summer, so watch for more dates.

Thunder teen lock-in

The Thunder teens will have a lock-in July 24 from 9 p.m. to 7 a.m. the following morning. The lock-in is open to teens 13-18. Cost is \$5 for members, and \$10 for nonmembers.

Soccer registration

The Youth Program will begin accepting Soccer registrations July 30. The Program is open to 4-15 year olds. Cost is \$30. Items necessary for participants include a current membership card, proof of age and a current sports physical. Stop by the Youth Center to pick up a registration card. Applebee's and the Coca-Cola bottling company of Las Vegas sponsor youth soccer.

Free youth camps

The Youth Center's Travel Camp, Ceramic Camp and Bowling Camp are all free! These Camps are Congressionally funded and give participation priority to the children of deployed parents, then the children of parents who have been on a duty-related separation of 15 days or more in the past year. The camps are open to other youngsters, if there is space after these groups have been served. The bowling camp is July 20, 22, 27, an 29. The Youth center will also take a trip to Wet 'n Wild on Saturday

Engineers dig deepest well in Air Force history

EL ALGODONAL, Bolivia (AFP) — Rising to the challenge of bringing fresh drinking water to southeastern Bolivia's remote "Chaco" region, combat engineers drilled down more than 1,000 feet through rock, sand and clay — achieving the deepest well ever drilled by U.S. Air Force engineers.

Led by the 819th RED HORSE Squadron, Malmstrom Air Force Base, Mont., the 12-man well-drilling team is part of more than 230 U.S. soldiers, sailors, Marines and airmen participating in the humanitarian exercise "New Horizons Bolivia '99."

"This has been a pretty difficult well to drill," said Tech. Sgt. Mike DeShon, noncommissioned officer in charge of the well-drilling team. "It's not common practice for military crews to even attempt a well beyond 600 feet. We had to get added support from the drilling division at U.S. Army Corps of Engineers in Mobile, Ala."

To bring good drinking water to the community of El Algodonal, Sergeant DeShon's handpicked crew had to drill down to 1,049 feet. To achieve this depth, the well-drilling team had to work closely with the Bolivian government and commercial oil drillers from the Chaco region.

"At the depth we're working, it's

hard to tell what's down there," said Staff Sgt. Albert Robin, an 819th RED HORSE heavy equipment operator and second-in-charge of the drilling operation. "Because drilling can be so technical, we've relied heavily on Bolivian surveyors to identify the layers and soil readings for us. They've worked the oil fields in Bolivia for years and know the territory well."

Another "first" for the well-drilling team will be the use of solar panels to power the water pump at El Algodonal. Never tried before by the U.S. Department of Defense, the solar-powered drinking station is expected to operate independently for 10-20 years.

New Horizons Bolivia '99 is part of a series of exercises to provide training to U.S. forces while building civic projects and improving the quality of life for people in Central and South America and the Caribbean. Sponsored by U.S. Southern Command in Miami, and U.S. Southern Air Force at Davis-Monthan AFB, Ariz., Bolivian and U.S. military engineers, security forces, medical teams and support troops have been working together to build three schools, two fresh-water wells, a medical clinic and improve roads in southeastern Bolivia since mid-May.



Photo by Mrs. Dwana Broussard

Sounding off

The Nellis Chapel recently sponsored a 3-day choir workshop featuring gospel music recording artist James Bignon. The workshop concluded July 10 with a concert held at the Nicholas Horn Theater at the Community College of Southern Nevada. Approximately 90 individuals from the base and the Las Vegas community participated in the workshop, which was hosted by the Base Gospel Choir. Master Sgt. Randy Webster, director of the gospel choir and project officer for the event, said "It was a great experience," said Sgt. Webster. "Mr. Bignon made it enjoyable and educational. It took a lot of hard work to pull everything together, but our choir works as a team, and the rewards were plentiful." For more information about Base Chapel activities, please call 652-2950.

Advertisement

Saddle up at High Desert Stables

By Jennifer Hibbard
Leisure Editor

Ms. Marilyn Danko and her two horses, Smokey and Ollie, have been together for a long time.

Although she can't keep them at her house, she is happy knowing that they have a good home at the High Desert Stables where she boards them.

She spends a lot of time with her horses. She is at the stables with them every morning and every night. "It's nice to take time out of my busy day and get away, enjoy nature, listen to the birds sing, and spend time with my horses," Ms. Danko said.

Smokey is 32 and Ollie is 27, and both are Tennessee Walking Horses. Smokey used to be a show horse but is now taking it easy in the place he calls home.

Marilyn and her husband installed a mister system and a net for shade so their horses could keep cool during the hot weather.

The mister system and the added shade keeps their stall about 20 to 30 degrees cooler than the temperature outside.

"I like the stables. All the people here help each other out by taking care of each other's horses, and the stables control who comes in and out of here to making sure the horses are medicated and properly taken care of," added Ms. Danko.

The facility is open to all active duty members, retired military personnel and DoD civilians. It has 40 stalls, a large lighted area, an enclosed training area, a concrete wash area and three quarantine stalls, plus several acres of wide, open

spaces for patrons to exercise their horses.

In order to be assigned a stall, patrons must have a written application for boarding privileges completed and returned to the equestrian manager with the required deposit.

Once the individual is assigned a stall, it is up to them to set up a feeding and grooming schedule for his or her horse. Horses must be fed once every 12 hours, and each stall must be "mucked out" once a day.

There are some people at the stables who set up shifts so that one person can feed or look after several horses and then they switch with someone else.

It is even possible to have someone else exercise the horses.

People who wish to board horses must first make an appointment with the facility manager and the veterinarian. Out-of-state horses must have a current health certificate and must be declared disease-free within 10 days of arrival.

The cost for a small stall is \$45 per month and \$50 per month for a large one. Each stall has its own individual tack room.

All fees are due on the first of each month and members who want to use the stables may board as many horses as authorized, though each stall requires a separate application. Single active-duty people may use two stalls, active-duty people families are limited to three stalls and single retired people are authorized use of one stall or two with a family.

For more information, please contact the High Desert Stables at 652-8967.



Photo by Amn. Mark Kuhta

Marilyn Danko from Det. 8, Air Combat Command, Training Support Squadron, takes her horses Smokey and Ollie for a walk at the stables.

Grub Hub July 17 - 23

Bowling Center 10:30 a.m.-2 p.m.

Monday	Swiss cheese and mushroom burger
Tuesday	Chicken sandwich
Wednesday	Steak and cheese sandwich
Thursday	Ham and turkey sub
Friday	Fish basket

All specials include fries and a small drink.

Enlisted Club 11 a.m.-1:15 p.m.

Monday	Old fashioned chicken pot pie
Tuesday	Chicken teriyaki bowl
Wednesday	Sub sandwich day
Thursday	Cajun gumbo or prime rib
Friday	Catfish and hushpuppies

Lo-cal salads available daily.

Golf Course

Breakfast 5:30-10:30 a.m.
Lunch 10:30 a.m.-3:00 p.m.

Saturday	"S.O.S." with one egg and coffee
Sunday	Chicken-fried steak and eggs and coffee
Monday	Swiss mushroom burger with fries
Tuesday	Meatball sub with chips
Wednesday	Corned beef on rye with chips
Thursday	Club sandwich with chips
Friday	Fish and chips

Monday through Friday, all specials include a medium drink.
Afternoon special: Hot dog, bag of chips, 16-oz. soda.

Officers' Club 11 a.m.-1:15 p.m.

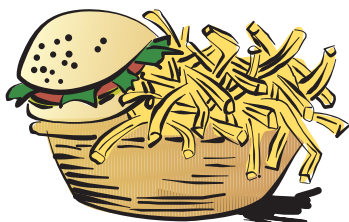
Monday	Fried chicken
Tuesday	Beef stroganoff
Wednesday	Barbeque pork
Thursday	Pepper steak
Friday	Stuffed baked trout or oriental bar

Sandwich of the week: Chicken parmesan on a sub roll.

Time Out 11 a.m.-7:30 p.m.

Monday	Spaghetti or tacos
Tuesday	Potato grande or BLT basket
Wednesday	Santa Fe burger or small nacho grande
Thursday	Meatball sub or #1 potato with side salad
Friday	Shrimp basket or one-topping personal pizza or shrimp and fish basket

All specials, except Monday, include soda with free refills.



Sports

Softball standings

(as of Monday)

National League

99 MED GRP #1	12-3
57 AGS/VIPER 7-2	
57 EMS #2	11-4
896 MUNS	9-4
99 CONS	13-3
414 CTS	9-4
422 TES	8-5
820 RED HORSE #1	8-7
99 SUPPLY #2	8-8
66 RQS	7-7
11 RS	4-6
99 GCTF	6-7

57 AGS/STRIKE	4-15
99 CES #2	3-12
99 SVS	2-14

American League

99 SUPPLY #1	18-0
99 CES #1	16-2
USAFADS	15-3
57 EMS #1	15-5
57 EMS #3	15-6
99 SFS	13-1
57 AGS/EAGLE	12-9
99 COMM	11-8
99 TRANS	9-10
57 CRS	7-10
USAFWS	7-10
15 RS	7-12
57 AGS/FALCON	7-13
547 IS	5-16

Intramural Golf standings

(as of Monday)

Wednesday League

99 RANSS	17 points
99 COMM #2	14 points
11 RS	13 points
99 SVS	13 points
99 TRANS	12 points
USAFADS	12 points
99 CES #2	10 points
15 RS	10 points

Friday League

99 SFS	18 points
896 MUNS	16 points
414 CTS	15 points
99 SUPPLY	14 points
99 MSS	14 points
820 RED HORSE	
	13 points
99 CPTS	13 points
57 OSS	12 points
Det 13	12 points
422 TES	10 points
57 CRS	10 points
99 CES #1	10 points
57 EMS #1	6 points
99 COMM #1	5 points

Be a Hero

Pick up an entry card at the Library, Bowling Center, Golf Course, Youth Center or Child Development Center I or II. Every time you visit a Services Squadron activity with your child(ren), you receive a stamp. After five stamps, drop the card in a box at any of the above locations. Drawings will be held each week through July 23. You could win a family vacation getaway package.

Congratulations to Lynn Demore, this week's winner. N & N Travel and Tours, Inc. and AT&T sponsor the promotion.

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